



Diabetes MTM Lifestyle Program

Want to get healthy and feel great?

Enrollment and participation in the Diabetes Medication Therapy Management (MTM) program is the first step. By completing a StayWell Lifestyle program customized for you, you can earn \$200 in your Health Reimbursement Arrangement (HRA). It's as easy as 1, 2, 3.

1. Sign up with a health coach at (855) 428-6320 or log on at [StayWell \(https://SEGIP.staywell.com\)](https://SEGIP.staywell.com).
2. Identify yourself as a SEGIP MTM program participant.
3. Complete a lifestyle management program with your health coach or complete one of the online healthy living programs.

Get healthy by phone

Get the support of a personal health coach to help set and reach your health goals. You'll talk one-on-one with a registered dietitian, health educator, or exercise specialist about your goals.

Get healthy online

Are you self-motivated? Or love being online? If so, then StayWell's online programs may be perfect for you. They're available anytime, anywhere, and they only take six weeks to complete. Just long enough for you to see results.

For more information about the Diabetes Medication Therapy Management and Lifestyle Program visit the [MTM website \(www.mn.gov/MTM\)](http://www.mn.gov/MTM).